

Skill Module: Conquering the Freshman Fifteen

We all know the story: you start college and, midway through your first semester, begin every morning struggling to make your high school pants fit and avoiding stepping on a scale like it's the Plague. You go home for winter break and are confronted with comments about how "healthy" you look.

Moving away from your parents and into a dormitory means a whole new set of freedoms – to set your own schedule, stay out as late as you want, and, oftentimes unfortunately, eat whatever you want, whenever you want. With parents no longer making your diet choices for you, sometimes, it seems easier just to forget about nutrition in general. Unfortunately, that negligence is typically accompanied by several extra pounds.

However, a little diligence and self-discipline can keep the freshman fifteen away. In this skill module, you will do a little research to hopefully begin to develop your own sense of nutrition.

Begin by doing a bit of research into the nutrition facts of food items at local food places, i.e. on campus dining locations (refer to the DHFS website) and locations on the Drag. Next, you will design a few daily diets in accordance with a few selected guidelines. You will design **three** days of diets, each with a breakfast, lunch, snack, and dinner with dessert (include drink selections with each of these meals). Each daily diet should match one of these guidelines (choose the three that you feel are most applicable to you, your lifestyle, and what you want to achieve):

1. Low in calories
2. Low in total (or saturated) fat
3. Low in carbohydrates
4. Low in sodium
5. Low in sugar
6. Low in cholesterol

Record the food items for each meal and the applicable nutrition facts for each. Try to make decisions that you can consciously apply throughout the school year. After designing three full-day diets complete with the specified meals, write approximately 250 words about what you learned: did anything surprise you? What do you think you can consciously apply to your diet throughout the rest of the year?